

**CLAIM**

What is claimed:

1. A device for assisting a user in getting into and out of sitting and prone positions on a bed, the device comprising;

a planar base member designed to fit between the mattress and box spring of the bed;

a receiving portion having an outward facing spring button;

an adjustable handle, including a plurality of apertures arrayed in serial fashion that are designed to correspond to the spring button, such that the height at which the handle made adjustable by selectively inserting the receiving portion into the adjustable handle so that the spring button fits into one of the apertures; and

a connector designed to connect the receiving portion to the base member, comprising a bracket, which bracket includes a C-shaped portion for encompassing the outer edge of the planar base member.

2. The device for assisting a user in getting into and out of sitting and prone positions on a bed, as in claim 1, wherein the C-shaped bracket includes apertures for receiving bolts, which also pass through corresponding apertures in the base member in order to secure the cylindrical portion of the bracket.

3. An assistance device for assisting a user in getting into and out of various body positions on a piece of furniture comprising:

a base having a horizontal and vertical dimension designed to fit under a cushion-type portion of the furniture;

at least one leg having a first end rotatably attached to the base to extend vertical from the horizontal dimension of the base, and designed to rotate along a plane that is perpendicular to the horizontal dimension of the base;

a handle rotatably coupled to a second end of the at least one leg; and

a locking device functionally coupled to the at least one leg, and designed to maintain the at least one leg in a fixed vertical position and to allow rotation of the at least one leg.

4. The assistance device of claim 3, wherein the locking device is located on the handle and engages the leg to maintain the leg in at least a vertical position.

5. The assistance device of claim 4, wherein the handle maintains a horizontal orientation to the base while being pivoted.

6. An assistance device for assisting a user in getting into and out of various body positions on a piece of furniture comprising:

a U-shaped base having: a horizontal and vertical dimension designed to fit under a cushion-type portion of the furniture, and a first and second end facing a same direction; an first and second attachment bracket coupled to the first and second end of the base respectively; a U-shaped handle having a first and second handle end respectively coupled to the first and second brackets to enable the handle to maintain a vertical position with respect to the base when the first and second brackets are in a locked position, and to be maintain a folded position with the handle being parallel to the base when the first and second brackets are in an unlocked position.

7. The assistance device of claim 6, wherein the base is formed of a tubular member.
8. The assistance device of claim 6, wherein the first and second brackets each comprise an axel that is permanently coupled to the bracket and respective first and second ends of the handle to allow the handle to rotate about the handle.
9. The assistance device of claim 8, wherein the first and second brackets each comprise a dislocatable portion designed to retain the handle in the vertical position when coupled to both the handle and first and second brackets, but allows for the folded position of the handle when

the dislocatable portion is dislocated from connecting to both the first and second bracket and the handle.